

SOME IDEAS TO LIVE THE **CORPORAL WORKS OF MERCY @ HOME**

FROM: AGAPE SERVICE PROJECT

**FEED &
GIVE DRINK &
CLOTHE &
SHELTER &
VISIT &
CARE &
BURY.**

“Everything a baptized person does every day should be directly or indirectly related to the Corporal and Spiritual Works of Mercy.” -Servant of God, Dorothy Day

All underlined sections in document are hyperlinks, please click.

Feed the Hungry

CCS is working to support those who are most vulnerable within the population - especially the elderly, and the medically fragile children and adults in the "high risk" category for the impact of Coronavirus on their health. They are working with local catering companies to be able to offer hot, nutritionally-balanced, & individually wrapped dinners for our neighbors who need it most. For \$7.50 we **can offer a hot dinner for one person AND support a local small business.** [Click here for more info & to donate.](#)

HELPING OUR NEIGHBORS MOST IN NEED

Feeding our neighbors while supporting small businesses

tinyurl.com/toguou5



Help Catholic Community Services provide meals for the elderly & families through local catering companies.



Donate food, such as individually-wrapped granola and breakfast bars, applesauce, & canned or packaged meals.



Donate to Catholic Community Services or your local parish to support outreach efforts.

Corporal Works of Mercy @ Home

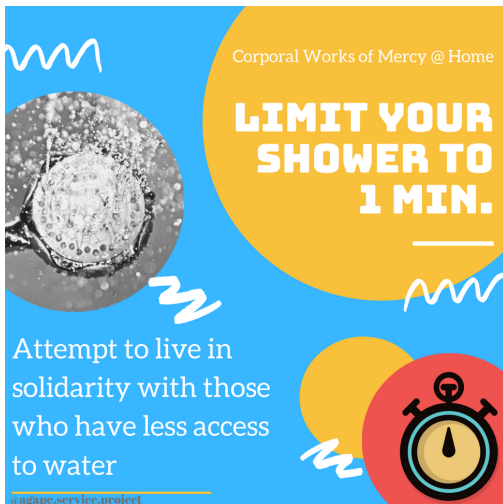
COOK FOR YOUR FAMILY

Check out CRS' Lenten Recipes for ideas:
crsricebowl.org/recipe
@agape.service.project

Surprise your family and **cook a meal** for them. Check out [Catholic Relief Services' Lenten Recipes](#) for some ideas.

Give Drink to the Thirsty

Take time today to learn about Catholic Relief Services' Water Security Program and drop some money into your Rice Bowl or donate on their website. "Water security means water is effectively and holistically managed to support human well-being, socio-economic development and the environment, with an emphasis on ensuring equitable access to safe water and sanitation for the very poor, the vulnerable and disaster-affected populations." [Click here to learn more & to donate.](#)



Challenge yourself to **live in solidarity** with those who have less access to water. Limit your shower to 1 minute of water.

Clothe the Naked



Take this extra time at home to sort through your clothes and donate those you no longer wear. **Donate to your local clothing bank** or to the Agape Food Bank.

(contact Agape Service Project @ kelsey.harrington@seattlearch.org)

Shelter the Homeless



“With the intensified health perils of the pandemic, your immediate help is needed. Help to make certain that we are able to care for our poor and vulnerable ‘family’ members, especially high risk elders in our care who live alone or in our shelters. At no time has the reality been so stark that we truly are the ‘only family’ to thousands of brothers and sisters in need.” (CHS) [Learn more & donate.](#)

Visit the Imprisoned

During this time of social distancing, prisons & detention facilities cannot receive any visitors; their isolation can feel even more extreme. But we can still **help them emotionally through letters**. Send a message of support, hope, & encouragement to detained boys at a facility in Pierce County that serves boys ages 13-17 who are undocumented & unaccompanied. [Click here to learn more & submit your message.](#)



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Care for the Sick

CORPORAL WORKS OF MERCY @ HOME

Call your grandparents/ grandfriends/ older relatives

Check in on those who can't receive visitors right now.



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Call a grandparent, grandfriend, or an older relative - check in on those who can't receive visitors right now.

Some question ideas:

- What is one thing you are grateful for today?
- What is one joy & one challenge for you right now?
- What are you doing to fill the time?
- How have you worked through difficult situations in the past?



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Take this time to get to know them better:

- What's the best place you've traveled?
- When you were little, what did you want to be when you grew up?
- What advice would you give your teenage self?
- Were you named after a family member or does your name have a special meaning?
- Did you have a favorite age/season of life?



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Ask how they are doing, take this extra time we are given to learn new things about them, & offer to pray with them.

Offer to pray with them:

Lord, when all is darkness and we feel our weakness and helplessness, give us the sense of your presence, your love, and your strength. Help us to have perfect trust in your protecting love. Bless us with your strengthening power so nothing may frighten or worry us. We trust that in living close to you, we shall see your hand, your purpose, your will through all things. Amen.

(St. Ignatius of Loyola)



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Bury the Dead

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Pray for those who have died

May the choirs of Angels come to greet you, may they speed you to paradise. May the Lord enfold you in His mercy. May you find eternal life. Amen.

(Song of Farewell by Ernest Sands)



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Pray for those who have died or are dying from COVID-19, especially those who are dying alone.

If you live near a cemetery, make that part of your walk route today. Pray for all those buried there. You could even place flowers on tombstones.

Corporal Works of Mercy @ Home

Take flowers to a cemetery

If you live near a cemetery, visit it during your walk today. Place flowers near tombstones as you pray for all buried there.



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**#CWMHOME #LoveYourNeighbor
#WhatsoeverYouDo #AgapeWithYourWholeHeart**